

# FALL 2021 CPCSC MIDDLE SCHOOL BREAKFAST & LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST ALL WEEKS</b> (Juice, fruit, milk served daily)	Breakfast muffin French toast Sticks	Cereal & Cereal Bar Oatmeal bar	Banana Bread Breakfast Sandwich	Confetti Pancakes Whole Grain Donuts	Poptarts Pancake Wrap
<b>LUNCH WEEK ONE</b>	Pizza Turkey Sub PBJ Ham Chef Salad Low Fat Milk				
	BBQ Rib Sandwich Chicken Nuggets Steamed Broccoli / Carrot Sticks Peaches / Fresh Fruit	Taco / Nacho Taco Salad Corn /Spanish Rice Tomatoes Mandarin Oranges / Fruit	Pasta with Garlic Bread Corn Dog Green Beans Garden Salad Pineapple / Fresh Fruit	Burger Saucy Dippers Tater Tots Carrot Sticks Applesauce / Fresh Fruit	Pretzel & Cheese Breaded Chicken Sandwich Baked Beans Fresh Veggies Fruit Cup / Sidekicks
<b>LUNCH WEEK TWO</b>	Pizza Ham Sub PBJ Turkey Chef Salad Low Fat Milk				
	Chicken Tenders / Roll Saucy Dippers Steamed Broccoli/Carrot Sticks Pineapple / Fresh Fruit	Quesadilla Walking Taco Refried Beans / Corn Red & Green Peppers Peaches / Fresh Fruit	Pasta with Garlic Bread Meatball Sub Green Beans Garden Salad Applesauce / Fresh Fruit	Chicken & Gravy /Dinner Roll Chicken Drumstick/Dinner Roll Mashed Potatoes Carrot Sticks Mandarin Oranges / Fruit	French Toast Sticks Egg & Cheese Croissant Hash Browns / Fresh Veggies Juice Cup / Cookie
<b>LUNCH WEEK THREE</b>	Pizza Turkey Sub PBJ Chicken Chef Salad Low Fat Milk				
	Orange Chicken Mozzarella Sticks w Marinara Brown Rice Steamed Broccoli Carrot Sticks Pineapple / Fresh Fruit	Taco / Nacho Taco Salad Spanish Rice / Corn Cherry Tomatoes Peaches / Fresh Fruit	Bosco Sticks Corn Dog Green Beans Garden Salad Applesauce / Fresh Fruit	Chicken Nuggets / Roll Mac and Cheese Baked Beans Sliced Cucumbers Mandarin Oranges/ Fruit	Pizza Crunchers Breaded Chicken Sandwich Carrots Fresh Veggies Fruit Cup / Sidekicks

AUGUST				
M	T	W	TH	F
		18	19	20
23	24	25	26	27
30	31			

SEPTEMBER				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

OCTOBER				
M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

NOVEMBER				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

DECEMBER				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17

All menus follow the recommended federal school lunch guidelines and adhere to the Crown Point Schools nutritional policy. These meals offer students proteins, grains, milk, fresh fruits and vegetables while also adhering to the strict limits on portion sizes, sodium and saturated fat.

## CONTACT US:

Food Service Director - Pam Maloney - [pmaloney@cps.k12.in.us](mailto:pmaloney@cps.k12.in.us)

My Mealtime Food Service Coordinator - Michelle Simonovski- [msimonovski@cps.k12.in.us](mailto:msimonovski@cps.k12.in.us)

Free & Reduced Benefits Coordinator - Shelly Hillegonds—[shillegonds@cps.k12.in.us](mailto:shillegonds@cps.k12.in.us)

CPCSC and our food services team is an equal opportunity provider.

Please visit our website at [www.cps.k12.in.us/food](http://www.cps.k12.in.us/food) for:

- Online payments for My MealTime
- Nutritional information for all products
- Free and reduced applications
- Allergy information (call us to help plan a menu if your child has dietary restrictions)